BROWN HAD MOVES LIKE JAGGER FIRST

ICON DISCUSSES HIS GODFATHER OF SOUL BIOPIC. PAGE 11

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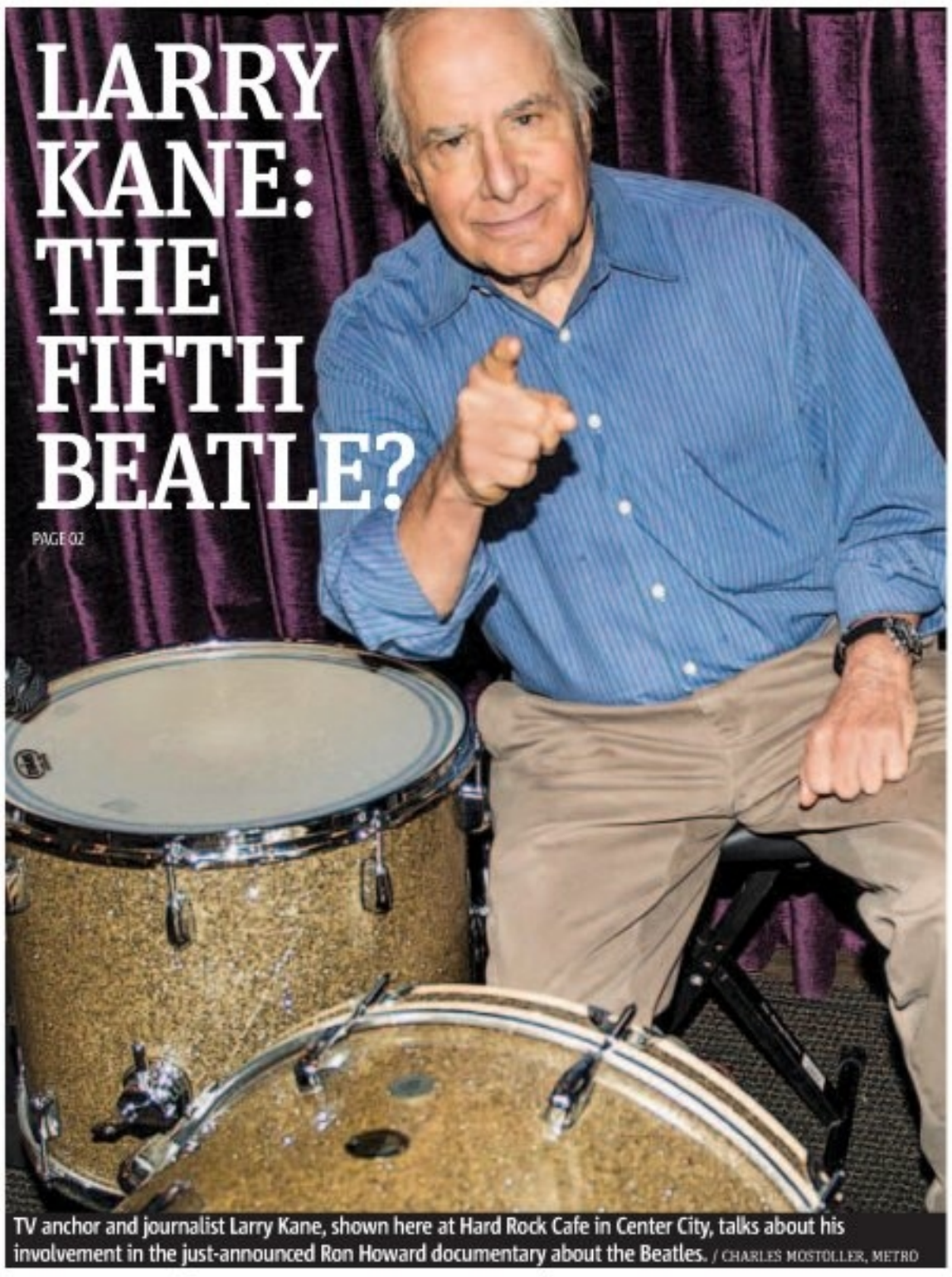
LARRY KANE: THE FIFTH BEATLE?

PAGE 02



TV anchor and journalist Larry Kane, shown here at Hard Rock Cafe in Center City, talks about his involvement in the just-announced Ron Howard documentary about the Beatles. / CHARLES MOSTOLLER, METRO

SEPTA allots big money for new cars

Transportation. The agency received $570 million from the transportation funding bill and outlined this week where some of that money is being spent. SEPTA will get nearly $7 billion over a 12-year period to tackle other projects like bridge repairs. PAGE 05

Let your duvet say who you are

PAGE 13

An app so 'completely different'

PAGE 15

Jenkins finding role on Eagles

PAGE 19

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1 NEWS

Briefly

Temple to scrap SAT scores

If you're applying to Temple University in the Fall of 2015, your high school SAT scores won't really matter. On Tuesday, Temple President Neil Theobald said the school will be the first public research university in the Northeast to allow students to apply by writing an essay instead of submitting SAT or ACT scores. The university will welcome students who show grit, determination and self-confidence, or "non-cognitive skills," according to a news release. "By giving students more choices, we open doors to more first-generation students and those from underserved communities."

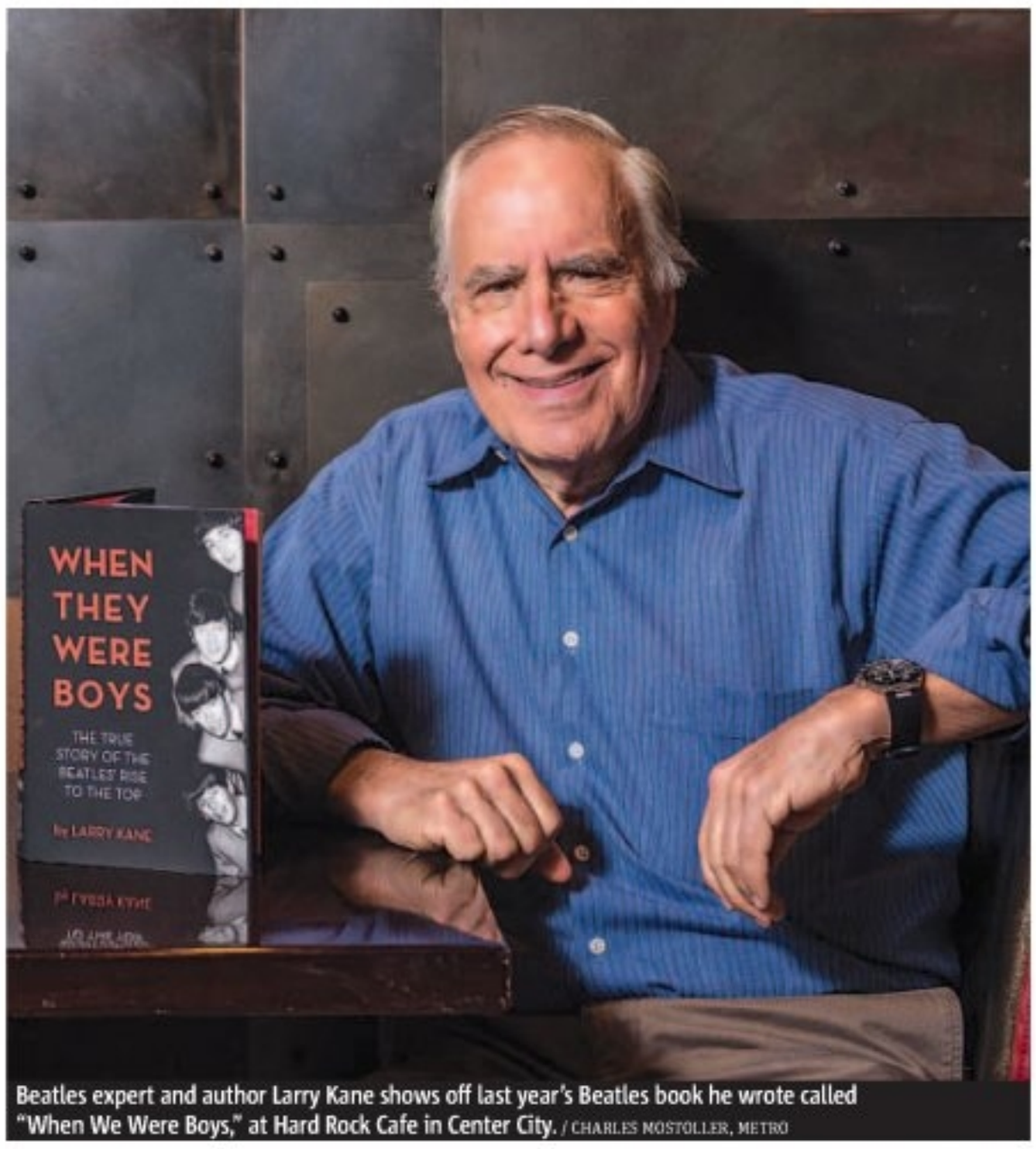
By the numbers

$493

Millennials in Pennsylvania on average spend only $493 per year on "guilty pleasures" like fast food, liquor and coffee, making the state 47th in the nation in spending. The top state is Oklahoma, where young adults spend $1,194, according to data provided by Level Money.

Larry Kane consults on Beatles documentary

Center City. The anchor, journalist and author plays a pivotal role in the Ron Howard-commissioned film.



Beatles expert and author Larry Kane shows off last year's Beatles book he wrote called "When We Were Boys," at Hard Rock Cafe in Center City. / CHARLES MOSTOLLER, METRO

When it was announced that Hollywood's Ron Howard would direct a documentary on the Beatles' 1964 and 1965 tours of America, a veil lifted.

The director behind the Philadelphia-filmed "Made in America" doc on Jay Z's music festival was part of a rumor: Who was the mysterious filmmaker who would soon work with Larry Kane, the local newscaster and author who, amongst his credits, holds the honor of being the only journalist to accompany John, Paul, George and Ringo throughout every minute of their first United States tour?

The mystery has been solved.

"It's funny," said Kane. "I've sat with presidents of all nations and local powerhouses, but the first question people ask, no matter where I go: 'What were the Beatles really like?'"

Kane has a ready answer. Actually he has several, as he's written three books on the subject: 2013's "When We Were Boys," 2007's "Lennon Revealed" and 2002's "A Ticket to Ride: Inside the Beatles' 1964 Tour That Changed the World." The latter will soon be re-released with its original CD of audio recordings Kane made while on the road with the Liverpudians.

The process of the documentary started several months ago while Kane was working on his own Beatles documentary on that time period with local filmmaker Tigre Hill. He got a call from Apple Corps Ltd.

"Their representatives said they were interested in bringing me in on a project revolving around that time period." To Kane, the name of the filmmaker was hidden for the moment. All he knew was that it was a major Hollywood production.

Now, he knows more, but there is much he can't say about the film. Kane can only say he's a consultant and some of his material will be used — like the treasure trove of photographs and audio taped information Kane took during his time on the road with the Beatles as their tours' sole journalist. "They'll be using the memories that I have of that time.

"It will be an exciting opportunity to work with Howard," said Kane. "I'm impressed by his work."

A.D. AMOROSI
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Letters@metro.us

Front and center

Kane on camera?

It would not be a stretch to surmise that getting Kane on camera to discuss what it meant to be the only journalist fly-on-the-wall during the height of Beatlemania would be of benefit to Howard.

"Surmise what you like," Kane said, laughing. "Nothing is set in stone."

Quoted

"The executives from Apple said of all the books on their boys, mine didn't sensationalize being in the Beatles' presence." Kane

DUI suspect faces more charges

Involuntary manslaughter and homicide by vehicle charges were upheld against Ronald Manson, 64, for fatally striking a man on Girard Avenue who was directing a box truck.

Victim Stuart Moore, 54, an employee at a beer distributor near Ninth and Girard, was reportedly standing on the parking lane line of Girard Avenue and directing a coworker parking a box truck when he was struck around 1:30 p.m. on May 19.

He was thrown from the rear to the front of the box truck, where he was found in a pool of blood with a laceration to his head. His baseball cap and smashed cellphone were found near where he was struck.

Manson, who was driving a '97 Chevy Discovery eastbound on Girard, remained at the scene.

"Manson said he did not see him and the man walked right in front of him," testified Officer Keanon Gilliam, who responded to the scene. "He was repeating himself, stating that the person had walked in front of him."

Manson was found to have a blood alcohol level of .245.

He told police he had one beer five hours before, and that he was driving 10 miles per hour. SAM NEWHOUSE

Ronald Manson is charged with involuntary manslaughter and homicide by vehicle. / PPD

Tioga

Carjacking suspect on suicide watch

Jonathan Rosa, 19, who participated in the July 25 carjacking that killed three children when the car crashed, is being held on suicide watch, reports say.

Rosa turned himself in July 27 and led police to accomplice Cornelius Crawford, 22, who drove the car. METRO

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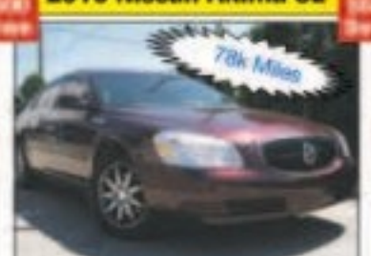

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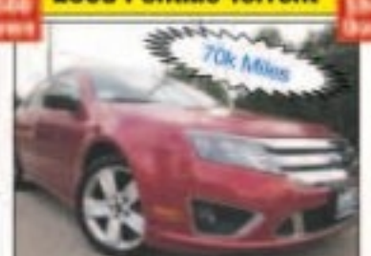

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Helping feed those who need it the most through the Food Trust program

Rachel Hessey from Solly's Farm in Warminster sells produce to low-income Philadelphians at a weekly farmers market run by the Food Trust at Snyder and Broad Streets. Here, she hands over a bag of produce to a customer on Tuesday afternoon. / CHARLES MOSTOLLER, METRO

Crime. Friend says bookbag killer confessed to fatal shooting

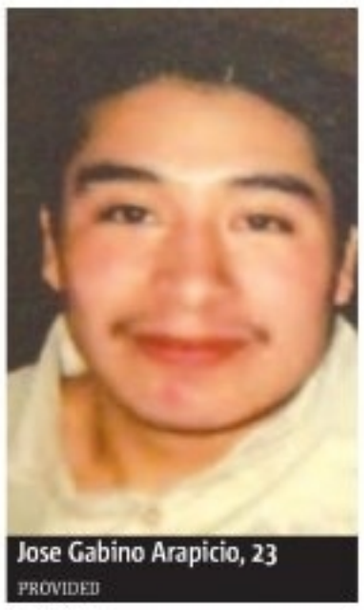
Murder charges were upheld against Tyreek McNeil, 23, accused of murdering a man walking down a South Philadelphia street in Sept. 2013 in a botched robbery, after a preliminary hearing Tuesday.

McNeil told friends about the murder of 23-year-old victim Jose Arapicio the next day.

Jahmir Carney, 21, who knew McNeil as "Reek," confirmed at the hearing that McNeil spoke about the murder while walking on South Seventh Street with a group of friends.

"Reek said he did it, he shot that boy," Carney told detectives. "The next day he was calm because all the cops had was it was a young black male in his 20s."

Police matched a fingerprint on the bike McNeil left at the scene to Carney, who upon questioning named McNeil as the shooter.



Jose Gabino Arapicio, 23
PROVIDED

Quoted

"I could see a male holding another male in his arms, waving at me frantically for help. He said his friend had been shot."

Sgt. Jeremy Brosius, who responded to the 911 call for Arapicio

Arapicio, a Mexican immigrant who worked as a barback at Public House, went with a friend to say hello to his brother Samuel, working at a bakery at Eighth and Watkins streets around 4 a.m. on Sept. 26, 2013.

Samuel Arapicio testified that moments after his brother left, shots rang out.

The friend, Melquidis Allende, who is currently in Mexico, told police that McNeil biked up to the men, drew a handgun and demanded their possessions.

The two men emptied their pockets and Jose Arapicio put his bookbag, with work clothes and a cellphone, on the ground.

But when McNeil allegedly tried to grab the bag, Arapicio tried to grab it back. McNeil allegedly shot him three times and fled empty-handed.

McNeil will be arraigned Aug. 19.

SAM NEWHOUSE

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SEPTA to spend $6.8 billion in 12 years

Philly. SEPTA says it can get to a backlog of more than $5 billion in projects.

Jeffrey Knueppel calls SEPTA's plan to spend the new flow of state funding "catching up."

Knueppel, the agency's deputy general manager, outlined where and how the agency will spend its newly awarded fortune, which includes $570 million from the transportation funding bill and in total, $6.8 billion in state funding over a 12-year period.

"It's long overdue and we're ready to go," he said Tuesday.

City Hall station

Knueppel said about $100 million in City Hall station renovations are back on the table.

- "Starting back up in July, we went to our board to get the design work going again," he said.

Knueppel said the agency plans to first modernize its existing infrastructure with 43 new projects over the next two years.

The big projects include replacing bridges (average age: 84.4 years), power stations (substations dating back to the 1920s and 1930s) and audio/visual public address systems.

"In general we are very starved for parking," Knueppel added.

Looking forward, SEPTA plans to spend $2 billion on vehicles alone in the coming years.

And they will look at possibly expanding to bi-level coaches.

"All of our vehicles now have to be thought of in a context of increasing ridership," Knueppel said.

And soon, SEPTA will start maintaining Center City concourses and then completely redesign and reconstruct the underground concourse network. "They're in dire need," he said.

TOMMY ROWAN
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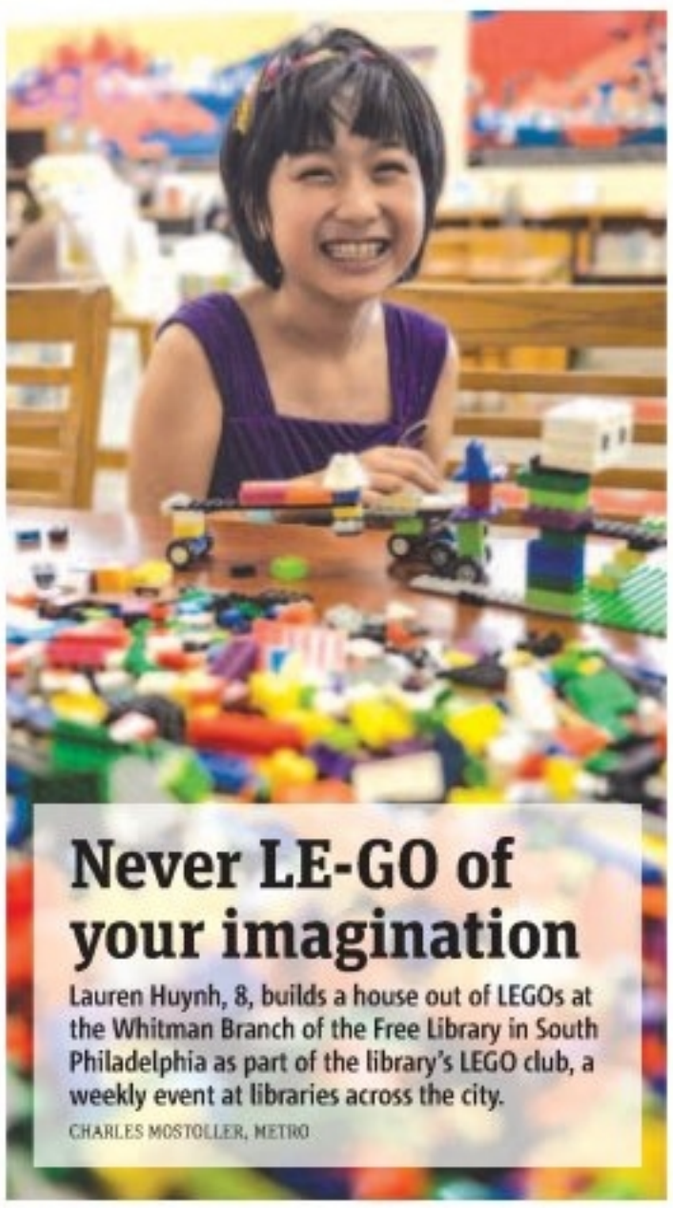
tommy.rowan@metro.us



Never LE-GO of your imagination

Lauren Huynh, 8, builds a house out of LEGOs at the Whitman Branch of the Free Library in South Philadelphia as part of the library's LEGO club, a weekly event at libraries across the city.

CHARLES MOSTOLLER, METRO

North Philly

New field for Blackhawks youth football team

Today, ground will break at 11 a.m. for the renovation of the football field at Cecil B. Moore Avenue and 11th Street.

The $2.5 million project for the Blackhawks youth football team and St. Joseph's Prep athletics programs, was promised by Mayor Michael Nutter for the Blackhawks victory in the 2010 Pop Warner Pee Wee National Championship. METRO

Delaware River

South Philly man killed driving into river

On Tuesday, police identified the man who died driving his Volkswagen Tiguan off Chestnut Street into the Delaware River Monday evening around 6 p.m. as South Philadelphia resident Marc Oliverio, 25.

Oliverio was speeding and had struck another car at Fourth and Arch streets and driven off shortly before he died, reports say. METRO

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John Scanlon, DPM, is a Member of the Medical Staff at Chestnut Hill Hospital.

Legalizing pot in US has not spurred use among teens

Marijuana. Alaska and Oregon are set to vote on legal recreational use in November.

Austin Labry, right, and Kelsey K. from New Orleans, Louisiana, check out the selection at Denver Kush Club. / GETTY IMAGES

A rise in marijuana use among U.S. teens over the past 20 years has no significant tie to the legalization of marijuana for medical use in many states, according to a new research paper.

Comparing surveys of marijuana use by adolescents conducted annually by the federal Centers for Disease Control and Prevention, researchers found the probability that a high schooler had used pot in the last 30 days was no more than 0.8 percent higher in legal states compared to states that had not approved medical marijuana.

"Our results are not consistent with the hypothesis that the legalization of medical marijuana caused an increase in the use of marijuana among high school students," D. Mark Anderson of Montana State University, Daniel Rees of the University of Colorado and Benjamin Hansen of the University of Oregon wrote.

Marijuana remains illegal under federal law. REUTERS

Peak use in 1979

51%

Use among 12th graders peaked in 1979 at 51 percent and fell to 22 percent in 1992. Use slowly increased after 1992, but has leveled since 2011.

More sanctions against Russia

Measures. They mark the start of a new phase in the biggest confrontation with Moscow since the Cold War.

Obama makes a statement about Ukraine. / GETTY IMAGES

The United States and the European Union on Tuesday announced further sanctions against Russia, targeting its energy, banking and defense sectors in the strongest international action yet over Moscow's support for rebels in eastern Ukraine.

In Brussels, diplomats said ambassadors from the 28-member European bloc agreed to restrictions on trade of equipment for the oil and defense sectors, and "dual use" technology with both defense and civilian purposes. Russia's state-run banks would be barred from raising funds in European capital markets. The measures would be reviewed in three months.

German Chancellor Angela Merkel, who had been reluctant to step up sanctions because of her country's trade links, said the latest EU measures were "unavoidable."

Previously Europe had imposed sanctions only on individuals and organizations accused of direct involvement in threatening Ukraine, and had shied away from wider "sectoral sanctions" designed to damage its biggest energy supplier. REUTERS

Quoted

"Russia's actions in Ukraine and the sanctions that we've already imposed have made a weak Russian economy even weaker." Obama

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OMG! Who's up for a nightcap? New app will lead the way to the next bar

A new smartphone app shows you the way to the next late-night bar. NightCapp — created by British amateur developer Graham Paterson — pinpoints the location of 1,500 of London's drinkeries on an "easy-to-booze" map. The high-spirited gizmo, currently only available on Android, even alerts users to watering holes that are within one hour of closing time by changing the location marker from green to orange. The Londoner tells us why he decided to make grabbing one for the road that much easier, and how you can make your city the next to get the app.

It can be tough finding a bar that's open after 3 a.m. Is that why you came up with the app?
Yeah, basically, I just spent too long wandering the streets of London at 3 a.m. You think you know somewhere until you're in that situation and it's quite difficult to find somewhere, especially if you want a quiet bar rather than a club.

When was the last time that you were aimlessly wandering the streets looking for a place to drink?
It was ages ago, actually. I made the first version of this app about a year ago, and that was when I was wandering around purely for testing reasons. I'm actually really glad it didn't exist back then, because I would have spent all of my money and liver on alcohol. So I feel quite bad for people who do use it.

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Abroad

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Beyond tipsy

Will people stay for one too many?

"No, I don't think it's like that. ... It's in line with the [24-hour train] that'll soon be open in London. ... Also, it's not very easy to access the opening hours [of bars]. ... A comprehensive bar guide [is] good for them."

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Sex website seizure spurs bid to make prostitution legal

Sex workers.
The Web forums used to offer independence from pimps, traffickers and violent customers.

Margo St. James started the sex worker rights organization COYOTE in 1973. / GETTY IMAGES

The head of San Francisco's Erotic Service Providers Union has been a sex worker for 24 years. "I hope to be doing it for another 24," says Maxine Doogan.

But she dreams of a future when she won't be treated like a criminal and could earn a little respect in the city that launched the fight for sex worker rights 41 years ago.

Calls by Bay Area sex workers for decriminalizing "consensual" prostitution have been spurred anew following the FBI seizure of a West Coast sex services website that prosecutors say hooked up clients with prostitutes and that sex workers saw as a vital forum to screen for safety.

The shutdown in June of MyRedBook.com left local sex workers scrambling for business and worried about their safety.

The fight for sex worker rights was launched in 1973 by feminist and self-described prostitute Margo St. James with COYOTE organization, "Call Off Your Old Tired Ethics."

But the battle in San Francisco has lost ground in recent years in the face of the influence of religious conservatives, continued opposition by some feminists and the repeated link made by law enforcement between prostitution and sex trafficking, activists say.

Sex workers say decriminalizing prostitution would be the best way to fight trafficking by ending the black market and allowing women to report crimes against them.

REUTERS

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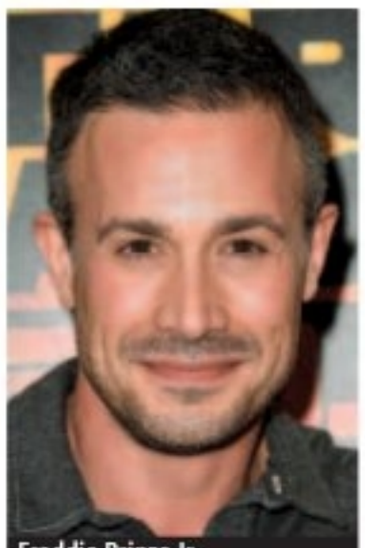
1 Freddie Prinze Jr. trashes Kiefer Sutherland



Freddie Prinze Jr.
ALL PHOTOS GETTY IMAGES

If you're wondering where Freddie Prinze Jr. has been for the last few years, it's sitting at home and seething about Kiefer Sutherland. The "She's All That" star opened up to ABC News about how working on Sutherland's "24" almost drove him into early retirement. "Kiefer was the most unprofessional dude in the world. That's not me talking trash, I'd say it to his face. I think everyone that's worked with him has said that," Prinze says. "I just wanted to quit the business after that. So, I just sort of stopped. I went and worked for Vince McMahon at [professional wrestling organization] WWE, for Christ's sake. And it was a crazier job than working with Kiefer. But at least he was cool and tall. I didn't have to take my shoes off to do scenes with him, which they made me do. Just put the guy on an apple box or don't hire me next time. You know I'm 6 feet and he's 5-foot-4." Prinze also says Sutherland would regularly show up to work drunk and sit in his trailer for hours, keeping everyone waiting.

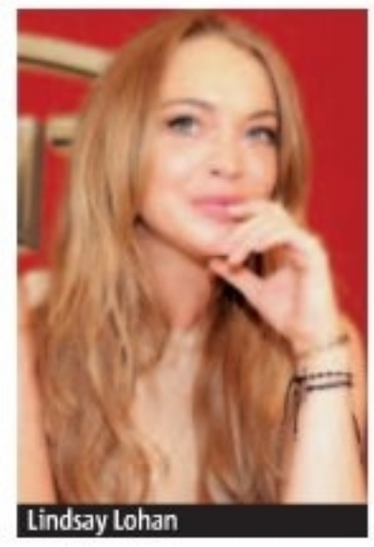
Quoted: Sutherland's rep fires back

"Kiefer worked with Freddie Prinze Jr. more than five years ago, and this is the first he has heard of Freddie's grievances. Kiefer enjoyed working with Freddie and wishes him the best."

2 Zack and Cody can legally drink now

Here, this should make you feel sufficiently old: Remember little Ben, the son of Ross on "Friends"? Or the kid who learned about public urination from Adam Sandler in "Big Daddy"? Well, he's 21 years old now. That's right, Cole Sprouse — and his identical twin brother, Dylan, naturally — is now of legal drinking age. The twins might be more familiar to younger readers as Zack and Cody from Disney's "The Suite Life of Zack and Cody," which is fine. Even younger readers should get to feel shockingly old from time to time.

3 Lohan's quotes come at a cost



Lindsay Lohan

A girl's got to make a living, right? While visiting Austria recently for a gala, Lindsay Lohan was reportedly asked to do an exclusive TV interview, to which she gladly agreed — as long as they'd pay her 30,000 euros for the appearance. Now, it's not out of the ordinary for talk shows to pay famous guests an appearance fee, but yikes. Forty grand? In euros? Maybe she was going to finally reveal the secret of why people like Kombucha. Anyway, Lohan clearly knows what she's doing, because the TV folks paid up.

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Mick Jagger covers James Brown

The Rolling Stone dishes on his history with and movie about the Godfather of Soul. **MATT PRIGGE**

Mick Jagger served as one of the producers on the James Brown biopic "Get On Up." / WIREIMAGE

His run-in with JB

There's a scene in the James Brown biopic "Get On Up" where the then-Mr. Dynamite (played by Chadwick Boseman) has a brief but rough run-in with The Rolling Stones. Brown had been scheduled to close out "The T.A.M.I. Show," a legendary 1964 live concert film packed with soul, rock and folk groups. Instead, he was bumped to second-to-last place, and the then-nascent Stones were given the closer. Brown retaliated by delivering the kind of set that's impossible to follow up.

Brown is still getting the last laugh in the afterlife. "Get On Up" boasts Mick Jagger as a high-profile producer. Still, Jagger remembers the incident somewhat differently.

"James was a bit annoyed about not being the last one in the show," Jagger recalls. He knows this because he actually was the one forced to tell Brown the news. "I was the fall guy. They said, 'Go and talk to him.' When you're 20, you say, 'Sure,' instead of saying, 'That's not my job.'"

CHADWICK BOSEMAN AS '70S JAMES BROWN IN "GET ON UP." / D. STEVENS

Making the film the best it can be

"I think this is a bit more than a generic biopic. It's telling a story about adversity. It's telling a story about someone who's single-minded. It's about the price he has to pay for that." Jagger

The one thing he stole

Jagger, of course, was already a Brown fan, but he tried not to completely rip off his stage style. "I could never do his dance routines, the way Chad does in this movie," Jagger admits. "The thing that impressed me was how he interacted with the audience."

His favorite Brown work

Jagger most adores his seminal "Live at the Apollo" record. "I loved every tune on it. I knew them all backwards. I knew all the intros and segues," he says. The record was, for a while, the only way he could experience Brown's act. "I had actually never seen him perform."

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The Weekly Yelp.
Where to sip the city's best Bloody Marys

Whether you're coping with the world's worst hangover or you got up early, worked out, crushed your errands and are ready for a vegetable infusion, we all know a Bloody Mary is the answer on Sunday morning. From Sriracha to bacon to classics, here's our roundup of favorites.

The Royal Tavern

937 E. Passyunk Ave., Bella Vista
Love The Royal! The servers are great, the jukebox is killer and they make a damn good Bloody Mary. You can always get a decent beer here, and brunch starts earlier than other places (10 a.m.). The portions are perfect, and their specials are always great. This place will forever be a favorite Philly spot of mine. **SARA S.**

Pub & Kitchen

1946 Lombard St., Rittenhouse Square
They make one of the best Bloody Marys in the city, as well as an always delicious burger. Pub & Kitchen is just as good as it's ever been; it's one of my favorite places in the city. **MIKE W.**

The Sidecar Bar & Grille

2201 Christian St., Graduate Hospital
This is a neighborhood favorite in the Graduate Hospital area. I usually come for brunch, and the food is always excellent. The menu is creative and often has specials that are outside of the box. Their Bloody Mary is the best in the city. **ROB M.**

Jerry's Bar

129 Lauren St., Northern Liberties
I'm a total fan and will be coming back for more. The Jerry Bloody Mary was a meal on its own — so yummy and spicy with a giant shrimp! **DAVE B.**

Bloody good are the bacon Bloody Marys at the Royal Tavern. / LULU X., YELP

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New Ikea products that will change your life

You know how a trip to Ikea goes: You go in for some wine glasses and walk out three hours later with a whole cartload of stuff you didn't even know you needed. Last week, the Swedish home decor brand unveiled its latest products. While some are pretty standard, there are a few that will make your life a lot easier. Here, we round up the five must-haves to focus on next time you venture to the megastore or shop online. **EMILY LAURENCE**

1 Side table with lighting

The genius thing about this table/lighting combo is that the light's cord can keep your phone, tablet or whatever it is you keep on the table in place. The orange color keeps it playful, and you can move the cord around, threading different designs.

2 Graffiti duvet cover

This duvet cover is basically a blank canvas for your own personal touch. You can create your own graffiti art on it using fabric dye or paint.

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3 Towel hangers

These helpful hooks are the perfect way to add more towel hanging options to your bathroom without having to drill any holes. Not only do they add a pop of color, they take up less room than a hanging rack.

4 Cord-hiding nightstand

Cords are the worst. Keep your bedside table looking sleek with this table that not only has room for a power strip inside, but allows you to run the cord through the back of the drawer and the back panel.

5 Storage bed

Wish you had another closet? This piece is basically a bed and closet in one. Set up, it looks like a typical bed, but with one easy maneuver, it opens up to what is essentially a horizontal closet. You can fit a ton of stuff in there.

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Roland Mouret's sexy new collection for Banana Republic

HR, beware: The workplace is about to get a whole lot sexier.

The latest in the world of high/low designer collaborations has arrived. French designer Roland Mouret brings his sexy, fitted dresses to Banana Republic for a limited-edition capsule heavy on the brand's signature stretchy Sloan fabric.

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes," says the designer, who is also focusing on "extending my love of structure into accessible prices." Score.

Based on the collaboration he did with Gap years ago, we can expect the nearly 30 pieces — ranging in price from $49.50 for a belt to $165 for a dress — to sell out as soon as they hit the racks Aug. 7. METRO

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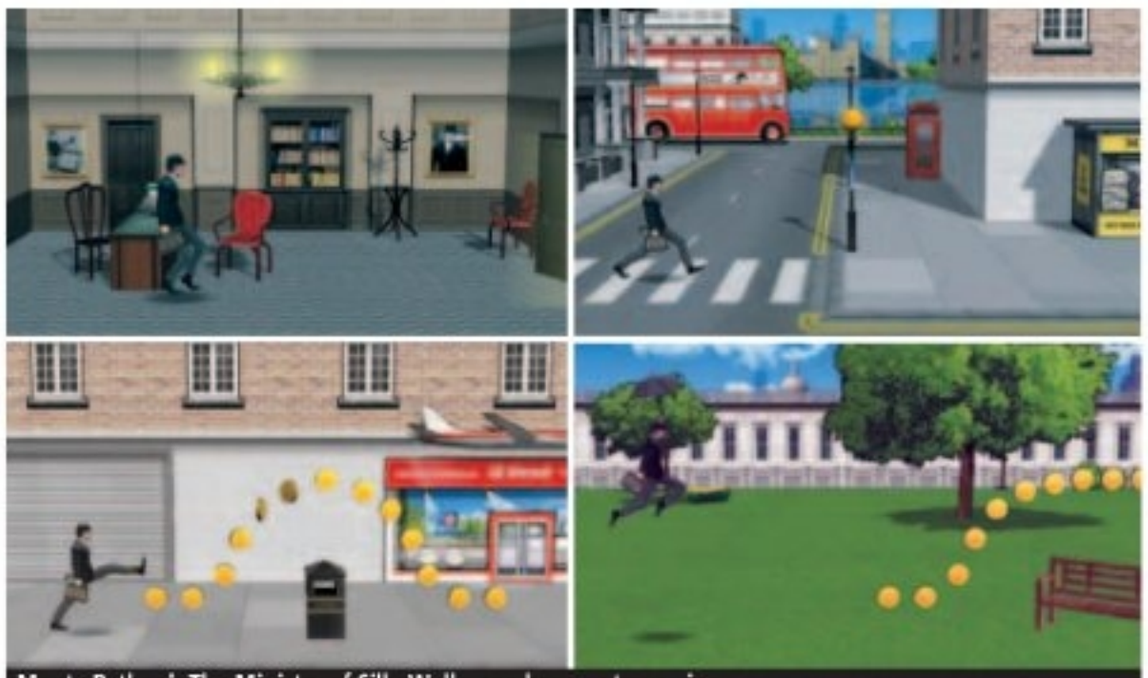

Monty Python's The Ministry of Silly Walks app has you traversing, jumping, flying and ducking obstacles. / PROVIDED

MONTY PYTHON'S FUN RIP-OFF

The Ministry of Silly Walks

Platform(s): iOS, Android
Price: 99 cents

The remaining members of Monty Python have never been above drilling their back catalog for quick cash, even as they make fun of themselves for doing it. It's a brilliant move, endlessly repackaging "Holy Grail" and Spam jokes, particularly since about 75 percent of their original show "Flying Circus" can be alienating. (Surely only a few of us would be up for a good "Storage Jars" redo.)

Among the most beloved and revisited sketches is "Silly Walks," in which an otherwise poised and bureaucratic John Cleese strolls about urban environs with ridiculously grandiose moves, now slavishly copied by nerdy fans. Like the storied "The Parrot Sketch," it has (limited) crossover appeal. Accordingly, Python has brought it to the realms of apps.

Not all of Python's rehashes have been successful, and the Ministry of Silly Walks app is definitely lazy. But it's also charming. The sketch has become a game, and the game is a riff on the runner game fad. You control a silly walker who only stops silly walking when he runs into things in his path: thoughtlessly placed boxes, massive oil spills, broken light fixtures inexplicably dangling outdoors, jerkish pigeons.

And that's it! Technically, this is a cynical cash-in — using a name to lure you into doing something completely different. It's also strangely fun and strangely challenging, as the only objective appears to be seeing how long you can do this without making a stupid mistake. The mentally agile will defeat it quickly, but for less dexterous people who don't mind being ripped off by comic geniuses once again, it's a jolly time-suck.

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Will this help you make smarter food choices?

Nutrition labels. We look at the four major changes in the FDA's redesign.

Who eats half a packet of ramen noodles? Yet that's the serving size listed on its nutrition label. The eating habits of Americans, most notably portion sizes, have changed since the nutrition label debuted in 1993. The Food and Drug Administration is in the process of revamping it to better reflect modern packaging, ingredients and consumption. The agency is soliciting public comments until Aug. 1.

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)
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10% Vitamin D 2mcg
20% Calcium 260mg
45% Iron 8mg
5% Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.

The new label aims to make healthy eating easier. /FDA

We talked to Janice Maras, research manager of the Dietary Assessment Center at Northeastern University, about the main changes to the label and tips for eating smarter.

Added sugars

For the first time, labels will differentiate between naturally occurring and added sugars. And if you're drinking even one soda a day, you've likely hit the recommended 8-teaspoon limit for added sugars. "When you eat an apple, you get the fiber and you get the complex carbohydrates. It's digested slowly and it's good for you," Maras says. "When you take that fructose out and put it in a liquid form, it becomes different." She also wants the FDA to go further by creating a Daily Value for sugar to put it into the context of a healthy diet.

New nutrients

Vitamins A and C, which Americans are no longer deficient in, are being dropped from the label to make room for two new nutrients. Hypertension rates highlighted the importance of potassium, which boosts cardiovascular function. And contrary to popular belief, you cannot get enough vitamin D from spending 15 minutes a day in the sun. This deficiency, especially in obese people, is a concern given vitamin D's immune system benefits.

Serving sizes

The biggest benefit of the new label, according to Maras, will be to reduce confusion by better reflecting how much people eat in one sitting. A pint of ice cream will be divided into two servings instead of four; a 20-ounce bottle of soda will be a single serving. "People need to see the truth," she says. "They're not going to really relate to a serving if that's not what they're eating."

Managing your calorie intake is simple math. / ALL PHOTOS GETTY IMAGES

Vital stat

Calories

The calorie count is getting more prominent. Maras reminds us that although the recommendation of 2,000 calories a day is an average — women should generally consume less and men more — it's a useful guideline to break up the day's three main meals into 500 calories each with 500 left to split for two snacks.

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Horoscope

♌ Leo | July 23-Aug. 22. Don't part with your money unless you have proof that the cause is legitimate, or you could lose out.

♍ Virgo | Aug. 23-Sept. 22. Make the most of your high energy level today. Get started on a new exercise routine and set up a proper diet plan. You will soon see positive results.

♎ Libra | Sept. 23-Oct. 22. Find a position that will make good use of your talents. If you are in a dead-end job with no chance of promotion, consider other available options.

♏ Scorpio | Oct. 23-Nov. 21. Try something new. Making a change in your appearance should provide you with a worthwhile diversion. Entertain.

♐ Sagittarius | Nov. 22-Dec. 21. Finish what you start. If you leave any loose ends, you will have to explain your lack of responsibility to a higher-up.

♑ Capricorn | Dec. 22-Jan. 20. Social engagements will figure prominently today. The potential for meeting someone appealing is high if you attend a community event.

♒ Aquarius | Jan. 21-Feb. 18. Scrutinize your legal paperwork. Make sure that your documents are all up to date. It might be time to renew or revise some of your contracts.

♓ Pisces | Feb. 19-March 20. Your intuition is strong today. You will be inspired if you visit an interesting location close to home.

♈ Aries | March 21-April 20. If you have strayed off-course from your original goal, get back on track. Hard work can be debilitating, but you must take time to finish projects.

♉ Taurus | April 21-May 21. Gatherings will help you strengthen important relationships. Do something that allows everyone to participate equally.

♊ Gemini | May 22-June 20. Do whatever it takes to get in touch with an old friend. Arrange a short trip that will divert you from any discord occurring at home.

♋ Cancer | June 21-July 22. You can ease tension with colleagues and peers if you are patient and understanding. Steer clear of arguments, and make it a point to listen. BERNICE BEDE OSOL

Sudoku: Easy and hard

			5		8	9		
		4		6			8	
2	8				1			3
9							3	2
	3		8	9	6		4	
8	7							1
4			6				5	9
	6			1		2		
		8	2		3			

		5			3	7		6
7			5			3	9	
3			7	9	6			
		9		7			5	
				1				
	4			6		8		
			8	5	1			3
	7	3			2			1
1		8	6			4		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Who else would we underpay?

Re: 'Immigrate as in times past' (Metro, July 28) Letter writer E. Campbell needs to understand that the reason we have upwards of 13 million illegal aliens in this country is that they are essential to the nation's economy. They fill menial jobs that no one else wants. They need to be kept illegal so they can be underpaid. If they were legal, they would demand decent wages and benefits. Besides, the legal immigration avenue is only available to people with unique skills, e.g. in advanced science and technology, plus a few lottery winners from selected countries.
PASQUALE G. TATO, VIA EMAIL

President has not been passive

Re: 'Letter writer right about cause of child immigrant crisis' (Metro, July 23) First, the president has set records on deportation of illegals, so he's been far from passive there. Second, this whole situation could be resolved if House Speaker John Boehner would grow a spine and bring comprehensive immigration reform for a vote in the House, given it has already passed the Senate and is supported by the public.
JOSEPH CONNELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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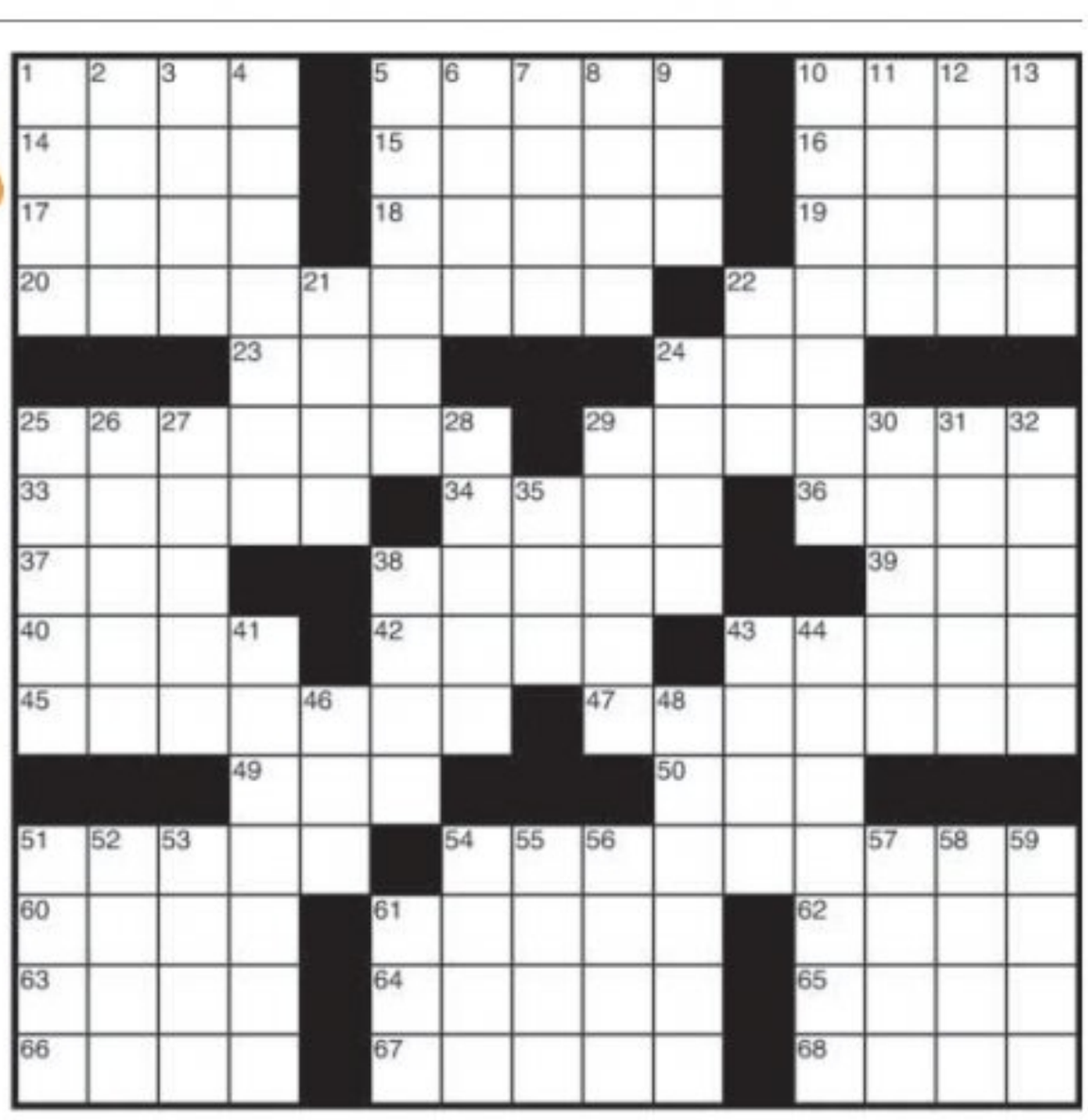
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 Ice-fishing need
5 Nomad dwellings
10 Intuition
14 Love, to Claudius
15 Inbox filler
16 Ferrara or Gance
17 Tighten a corset
18 Suitably
19 — monster
20 Chicken dish
22 Ms. Sarandon
23 New Year in Hanoi
24 I-70
25 Anthony of fiction
29 Fought like knights
33 Philosophy
34 Hi's comic-strip wife
36 Burrito alternative
37 Won — soup
38 Frogman's gear
39 Plant sci.
40 Blame
42 Wave maker
43 Stroll
45 Got to safety
47 Misted
49 Fuse word
50 Mich. neighbor
51 La Scala event
54 Millionaire makers
60 Disagreeable one
61 Child or Roberts
62 Whale like Shamu
63 Late tennis great
64 Double —
65 Mrs. Charles
66 Cafe au —
67 Painter's undercoat
68 Ignore socially

Down
1 Fair share
2 — Khayyam
3 Gene sites on a chromosome
4 Built
5 Dough raisers
6 Game officials
7 Evaluate
8 Linoleum square
9 Cunning
10 Sketchiest
11 Hieroglyphics bird
12 Banjo star — Fleck
13 Vitality
21 "Space" lead-in
22 Good name for a cook?
24 Sub —(secretly)
25 Cast member
26 Monotonous hum
27 Bright planet
28 Spanish hero (2 wds.)
29 Is in accord
30 Cat, informally
31 Quebec school
32 Was too fond
35 Belly dance lute
38 Short distance
41 Pimpernel color
43 "Rule, Britannia!" composer
44 Dowagers
46 Ms. Thurman of films
48 Baked item
51 Silica mineral
52 Leaning Tower town
53 Grades 1-12
54 Winter Olympics event
55 Fiesta cheers
56 Pie pans
57 Hematite yield
58 Pantyhose shade
59 Auto import
61 Snag

Yesterday's answer



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3 SPORTS

Watch online

Find video and recap of last night's Phillies-Mets game at: Metro.us/sports.

Union taking next step

MLS. Philadelphia is angling for the playoffs with a new leader in charge.

The Union (5-8-8) are on the cusp of playoff contention again, thanks to interim manager Jim Curtin's direction over the past two months.

The team has gone 2-1-2 in regular season games since he's taken over for John Hackworth and the Union sits just three points out of third in the Eastern Conference.

The Union have 13 matches left in the regular season to decide their fate — eight of which are at home — and prepares for Eastern Conference-leading Sporting KC (11-5-5) on the road Friday (8 p.m.).

"They're the champs," said Curtin. "They are a team that's in great form and they are a top team in the league. Their place is a very tough place to play. It's a place that we went in last time and played there and we beat them."

The last time these two teams met in May, there was a different feeling in the locker room. Players were playing with a sense of urgency as Hackworth was on the hot seat. The Union had scored just two goals in the five games leading up to their match with Sporting KC, where they left with a 2-1 victory.

It seems as if that urgency has been replaced with a sense of confidence in recent weeks, as things are starting to click on all cylinders. The team has come together as a unit defensively, allowing just two goals in their past two matches.

"We are a confident group right now; we are on a good run," Curtin said. "It's been very positive and the guys in the locker room are happy. We are excited."

JEFF McMENAMIN
@MetroPhilly
sports@metro.us

Jim Curtin has the Union playing much better since he took over as interim coach. / ALL PHOTOS GETTY IMAGES

Odd man out

MACMATH WAS THE NO. 5 OVERALL PICK IN 2009.

Kevin Kinkead of CBS News reported Monday the Union's signing of French goalie Rais M'Bolhi is close to being done, which begs the question of what will happen with goalie Zac MacMath?

- MacMath has 61 saves — sixth best in MLS — but the Union also drafted goalkeeper Andre Blake No. 1 overall this offseason.
- New England, Montreal, Toronto, Houston and Portland could all be interested in a solid keeper if the Union can swing a deal.

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NFL. Eagles counting on Jenkins' leadership to improve secondary

Malcolm Jenkins figures it took him about a month this offseason to start figuring out where he fits as a new member of the Eagles' defense.

"The first few weeks it's really just feeling my way around, kind of figuring out what my role is and where I fit on the defense and on the team," Jenkins said.

But he's already fitting right in to a secondary which could badly use his help. The Eagles allowed an NFL-worst 289.8 passing yards per game in 2013. The free-agent signing of Jenkins was done to replace Patrick Chung, who struggled in coordinator Bill Davis' defense.

Jenkins already feels like he's in a positive place and influencing the defense for the better.

"Everyone has a voice, and as we continue to work the defenses out and figure out how we put it together, the more input we have from everybody the more comfortable guys are and the more guys buy in," Jenkins said. "Because they feel like they own it and have a hand in it."

Jenkins is also enjoying working with Davis and defensive backs coach John Lovett.

"I've been with some guys who are really stubborn and don't want to hear anything. They want to do it the way they know it," Jenkins said. "So [it's nice] to have a staff that's willing to listen to you, take suggestions and if they don't take suggestions give you a reason why and talk through it."

MARK OSBORNE

JENKINS HAD TWO INTERCEPTIONS AND TWO FORCED FUMBLES LAST SEASON FOR THE SAINTS. GETTY PHOTOS

Nice to meet you, Nick

Foles getting on same page with new wideouts

With plenty of new faces in the receiver corps it might've been nice if Nick Foles did a meet and greet before this year's training camp.

Foles, who entered last season's camp as the No. 2 quarterback, will have an entire month to develop a rapport with not just rookie wideout Jordan Matthews, but also Jeremy Maclin. While Maclin is a veteran, the injury that wiped out his 2013 season has him starting on the ground floor with Foles.

"We didn't have Jeremy Maclin last year," head coach Chip Kelly said. "He actually went down [Sunday], a year ago. We didn't have Mac at all. So it's not like Michael [Vick] or Nick really got a chance to work with Mac. We have some new faces with [rookies] Jordan [and] Josh Huff getting into the mix here, [and] having Darren Sproles as a receiver."

Maclin is expected to lead the receivers in 2014. / GETTY IMAGES

Foles set an Eagles single-season record for QB rating (119.2) last season with DeSean Jackson as his top receiver. METRO

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Bad-mouthing

Former Eagle Jackson takes jab at Philly fans

Former Eagles and current Redskins wide receiver DeSean Jackson took a swipe at Philadelphia fans this week, suggesting that fans of the Birds don't focus on the positive.

"It's different. They're very supportive [in Washington]," Jackson told CSN Washington when asked the difference between the fan bases. "They're open. You know, being out on the field you hear certain things, but they are good things. In Philly sometimes things could get a little negative. They booed their own players. But here you don't really get that. They are supporting you."

The three-time Pro Bowler inked a three-year, $24 million deal with Washington in early April. The Eagles released Jackson earlier in the offseason, despite the fact that he tied a career-high mark for touchdowns with nine in 2013. **MATT BURKE**

DESEAN JACKSON SIGNED WITH WASHINGTON IN APRIL. GETTY IMAGES

MLB. Suitors for Byrd lining up as his trade value increases

Phillies outfielder Marlon Byrd would seem like a good fit with the Yankees but the outfielder still hasn't been dealt, which is leading some to believe that New York could be looking elsewhere.

"That's something I can't control. I don't have a no-trade [clause to the Yankees]," Byrd told Newsday. "If [Ruben Amaro] makes a trade with [the Yankees] and gets something back in return and is like, 'Hey we got to trade Marlon,' then there's nothing I can do. I pack my bags and move on."

Byrd was not in Philly's lineup Tuesday night against the Mets, but his absence was due to him fouling a ball off his foot, according to The Philadelphia Inquirer.

Byrd's trade value is increasing as he's hit .362 over his last 10 games.

Pittsburgh, Kansas City and Seattle have also been mentioned as possible destinations for Byrd. **METRO**

Phillies outfielder Marlon Byrd has seen his trade value increase in recent days as he's hitting .362 in his last 10 games. / GETTY IMAGES

STRAIGHT Talk

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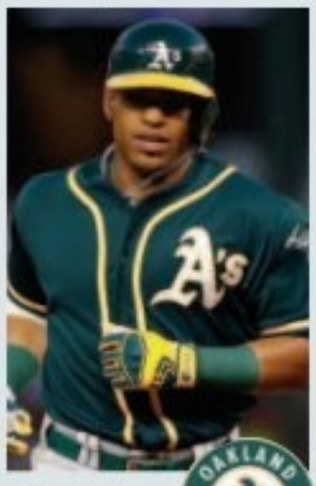
MLB power rankings | by Ryan Hannable

No. 1



Athletics (65-40)

Oakland's dominance has continued as it has a plus-166 run differential — almost 70 more runs than the next closest team in the AL. Sonny Gray has been outstanding, with 12 wins so far.

No. 2

Angels (63-41)

To think back to what a slow start the Angels got off to, it's incredible to see where they are at now — with the second best record in all of baseball. Mike Trout now has 24 homers on the year.

No. 3

Dodgers (59-47)

The Dodgers' starting rotation is already stellar, led by Clayton Kershaw and his 1.76 ERA. Still, Los Angeles is said to want to add to its starting rotation by the end of Thursday.

No. 4

Brewers (30-22)

Milwaukee has dropped two straight to now only lead the Cardinals by 1 1/2 games. The positive is that Jonathan Lucroy continues to impress as he has a WAR of 4.7, which is third in the NL.

No. 5

Orioles (58-46)

The Orioles are still atop the AL East despite their relatively sub-par pitching staff. Adam Jones, who has 64 RBIs this year, and Nelson Cruz are the two players leading the Baltimore offense.

No. 6

Tigers (57-45)

The Tigers have lost three straight games, but even with that they still hold a sizable lead over the Royals. Miguel Cabrera continues to pace the offense with 81 RBIs, the most in the AL.

No. 7

Giants (57-49)

San Francisco hasn't been able to score runs of late as in its last five losses it has posted five runs total. The Giants have a 10-game East Coast swing to deal with coming up.

No. 8

Nationals (57-46)

Washington is still at the top of the NL East, but by just half a game as the Braves and Nats will likely be going back-and-forth moving ahead. Washington's plus-74 run differential is best in the NL.

No. 9

Braves (58-48)

Atlanta has picked up its play of late, having won three straight. Perhaps under the radar, right fielder Jason Heyward is having one of his best years as he has a 5.1 WAR.

No. 10

Blue Jays (57-50)

The Jays have won six of their last seven and are hot on the trail of the O's. Jose Bautista has reached base in seven straight games, with a .423 batting average in that span.

No. 11

Pirates (56-49)

Pittsburgh now sits just two games behind the Brewers in the NL Central. Andrew McCutchen's .311 batting average, fourth in the NL, has led the way this season.

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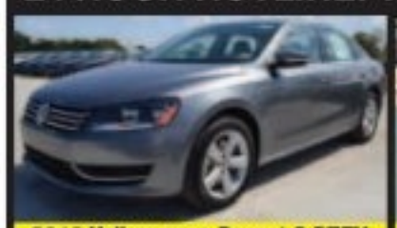
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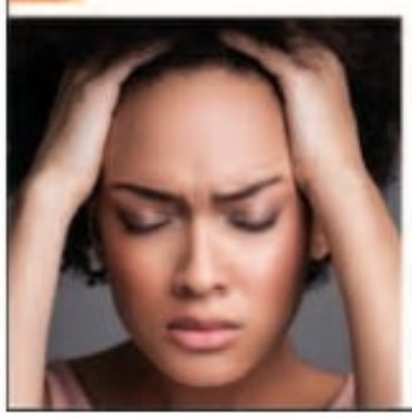

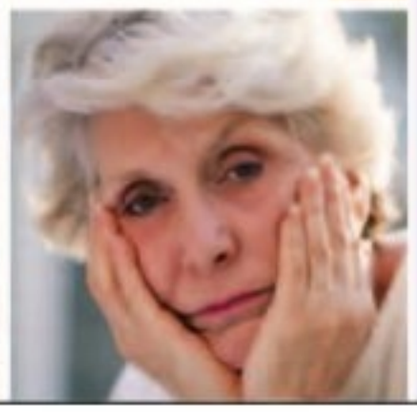

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